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# Binned items lead to missing hiker

**Search effort.** Man rescued after a week stranded in Golden Ears Provincial Park

THANDI FLETCHER
thandi.fletcher@metronews.ca

Members of the Ridge Meadows Search and Rescue team airlift a 23-year-old Maple Ridge man to safety Monday morning after he became stranded in Golden Ears Provincial Park for at least a week. FACEBOOK

What hikers thought was garbage may have saved the life of a Maple Ridge man who spent at least a week stranded in an emergency shelter in Golden Ears Provincial Park.

"It was just fortuitous that somebody had picked that stuff up and deposited it in that bin," said Rick Laing, manager of Ridge Meadows Search and Rescue. "Without that clue, we really wouldn't have had a starting point."

The items in question were a few tin cans and a cooler bag that a group of hikers found at the Alder Flats campsite, located about a 12-kilometre hike into the provincial park, and threw into a dumpster in a parking lot.

Late Saturday, family members of the missing 23-year-old man came across the items while searching for clues about his whereabouts.

The man left his home Dec. 10, telling family he was planning on going for a hike, said Laing.

When he hadn't returned for several days, his family reported him missing to police.

He was last seen Dec. 11 walking into Golden Ears Provincial Park, just north of Maple Ridge, but he had told family he was planning on hiking to Garibaldi Provincial Park east of the Sea to Sky Highway between Squamish and Whistler.

The lack of specific information on where he was hiking initially halted search efforts, said Laing.

"We weren't able to do anything because the information we had was that he was hiking to Garibaldi," he said. "You just can't get there from Maple Ridge, so we really had no place to start."

Late Saturday, Laing said family members found the items belonging to the man in the dumpster and search-and-rescue crews were deployed.

Twenty-four rescue volunteers searched the area before he was found early Sunday afternoon, hunkered down in an emergency shelter near Panorama Ridge.

"When we got to him, he was answering our calls quite fervently. He wanted to be rescued," said Laing.

The man wasn't sure how long he had been stranded, as he had fallen asleep and lost track of time, but he said he was stranded for about seven or eight days, said Laing.

High winds and low clouds prevented crews from airlifting him to safety via helicopter Sunday, forcing six rescue volunteers and the hiker to spend a cold night at the emergency shelter.

"They figured it probably dropped down to -15 C while they were up there," he said.

The crew was able to unlock a nearby gear cache stored with food and water while waiting for the weather to calm, he said.

On Monday morning, the helicopter was able to take off and the man was taken to hospital to be checked out, said Laing.

Aside from blisters and possible frostbite, Laing said the man is in "remarkably good condition."

"He was upright and able to walk around quite a bit, and he was able to carry on a conversation," he said.

Laing said rescue crews aren't sure how the man became stranded, but poor weather may have played a role.

"The weather turned quite nasty over the last several days," he said. "Due to the fact that he hadn't eaten properly, hadn't had enough water, physically I think he was drained and probably emotionally as well."

He was also an inexperienced hiker who was not equipped with proper gear for a winter hike, he said.

Rescue crews are not identifying the man, and a request for comment from Ridge Meadows RCMP was not immediately returned Monday.

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## Lions Bay. Girl, 7, dies after being trapped under rock

A seven-year-old girl has died after being trapped underneath a rock in Lions Bay.

According to the BC Ambulance Service, paramedics were called out to Lone Tree creek in Lions Bay to attend to a patient stuck under a rock at 10:14 a.m. Squamish RCMP spokesman Sgt. Wayne Pride said the young girl was hiking in the area with her family when the tragic incident occurred.

Investigators have yet to confirm reports that a landslide in the area caused the incident, but they are looking into it, Pride said.

The girl was treated at the scene by paramedics and members of Lions Bay Search and Rescue with the assistance of North Shore Rescue, which scrambled a helicopter team to the remote hiking trial, and then transported to a staging area, but responders were unable to save her. The girl's name has not been released.

"The family is still being dealt with so we cannot release her identity at this time," said Pride. "Obviously, it's a very tragic incident."

Barb McLintock, spokeswoman for the B.C. Coroners' Service confirmed Monday afternoon coroners were en route and would also be investigating the cause of death. **MATT KIELTYKA/METRO**

# Secrets, not sex, drove toilet recorder: Lawyer

**'The swift kick of justice.'** 39-year-old blames depression, unemployment on the public scrutiny that surrounded the case

Chef and restaurateur Allan Bosomworth arrives at Provincial Court for sentencing in Vancouver on Monday after pleading guilty to one count of secretly observing nudity in a private place. DARRYL DYCK/THE CANADIAN PRESS

The lawyer for a man who covertly recorded people using the washroom in his Vancouver restaurant says her client was driven more by the thrill of knowing people's secrets than by sexual impulses.

Maegan Richards asked a provincial court judge in Vancouver to impose a conditional discharge for Allan Bosomworth, who was the co-owner of the Two Chefs and a Table restaurant, where he hid a camera in the co-ed washroom in December 2012.

Richards told the man's sentencing hearing on Monday that a psychiatrist had assessed Bosomworth and found he was driven by a "strong motivation of the discovery of strangers' secrets and that resulted in a powerful excitement."

"There is no interest in observing people using the facilities. That wasn't what drove any of this," Richards said.

"There was more (exhilaration) and curiosity about knowing if someone was using drugs in the bathroom or some people were actually bulimic. That's what piqued Mr. Bosomworth, not so much a sexual drive."

Bosomworth pleaded guilty in September to one count of secretly observing nudity in a private place.

Richards asked for a conditional discharge to avoid a criminal record for Bosomworth, 39. She said he has been seeing a counsellor, is tormented by shame and embarrassment and feels a "palpable" sense of remorse.

She added he began his life with "all odds against him," as he was born addicted to heroin and spent time in foster care.

Richards blamed the intense publicity around Bosomworth's case for his depression and unemployment. Shortly after the camera was discovered, he moved to the Okanagan to live with his father and found work at a restaurant, but was fired after his guilty plea in September.

"The swift kick of justice has (had) a very, very profound impact," she said. **THE CANADIAN PRESS**

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## Surrey. Sports car driver ticketed in crash: RCMP

The driver of an expensive sports car is facing a steep fine after crashing the hot wheels into a fence on the side of the road at Highway 99.

Surrey RCMP doled out a violation ticket that could add up to $700 and continue to investigate possible street racing after the exotic car was left for scrap in a Sunday accident caught by the dashboard camera of another driver.

The 26-year-old driver from Edmonton was travelling in a 2007 Lamborghini on Highway 99 in Surrey on Sunday morning when he lost control of the vehicle and spun it off the road and into the chain link fence on the side ditch.

Mounties say the driver and a 19-year-old female passenger were unharmed.

The pricey car, on the other hand, has been deemed a write-off after crashing into the fence, catching fire and suffering extensive damage.

The driver was issued a violation ticket for driving without due care and an unsafe lane change.

The driver is also being investigated for possible street racing.

A second luxury sports car, a Dodge Viper also from Alberta, that can be seen in the dashboard camera video posted online was also involved in the lead-up to the crash, police say.

MATT KIELTYKA/METRO

## Lawsuit. NPA won't repeal school trustees expulsion

The Non-Partisan Association will not back down from its decision to expel two school trustees despite a defamation lawsuit the ex-party members launched against the NPA last week.

The party released a statement on Monday saying the NPA intends to defend itself vigorously from the allegations made in the lawsuit filed by school trustees Ken Denike and Sophia Woo.

The two allege the party kicked them out of its ranks for political gain, according to the written party statement.

Denike and Woo were booted from the Non-Partisan Association after the pair held a news conference in June, that had not been sanctioned by the party.

In that occasion, Denike and Woo claimed Vancouver realtors were concerned the school board's revised sexual orientation policy could hurt the enrolment of international students and therefore the board's budget.

The NPA's statement says the incident was just one of many instances when the two school trustees disregarded the NPA's caucus code of conduct.

Former trustees Denike and Woo followed their own course on matters related to the LGBTQ community and the process of updating the school board's gender identity policy, says the NPA statement.

EMILY JACKSON/METRO

A company trying to set up a luxury cab service in Metro Vancouver released a poll saying 60 per cent of respondents support its business. But judging from its record, the Passenger Transportation Branch may not allow the competition with regular cabs, such as this one driving on Granville Street on a rainy December afternoon. JENNIFER GAUTHIER/METRO FILE

# Vancouverites OK with lux cabs: Poll

**Ripe.** Company trying to enter market paid for poll; awaits clearance from the Passenger Transportation Branch

EMILY JACKSON
emily.jackson@metronews.ca

Metro Vancouverites are in favour of luxury taxi services so long as they meet provincial regulations, according to a poll released by Insights West on Monday.

The poll commissioned by Ripe, a company that is vying to launch a luxury sedan service, found that 60 per cent of residents would support such a business.

But the support drops to 32 per cent if the ride service does not meet provincial regulations.

The trouble, then, lies in securing permission from the Passenger Transportation Branch. The PTB is notoriously tightfisted with its taxi licences and hasn't issued a new one in Vancouver since 2007.

Earlier this month, Ripe spent a week trying to convince the PTB to grant it 20 licences for a service priced between taxis and limousines that would connect passengers to drivers via a smartphone app. A decision on its application is expected in January 2015.

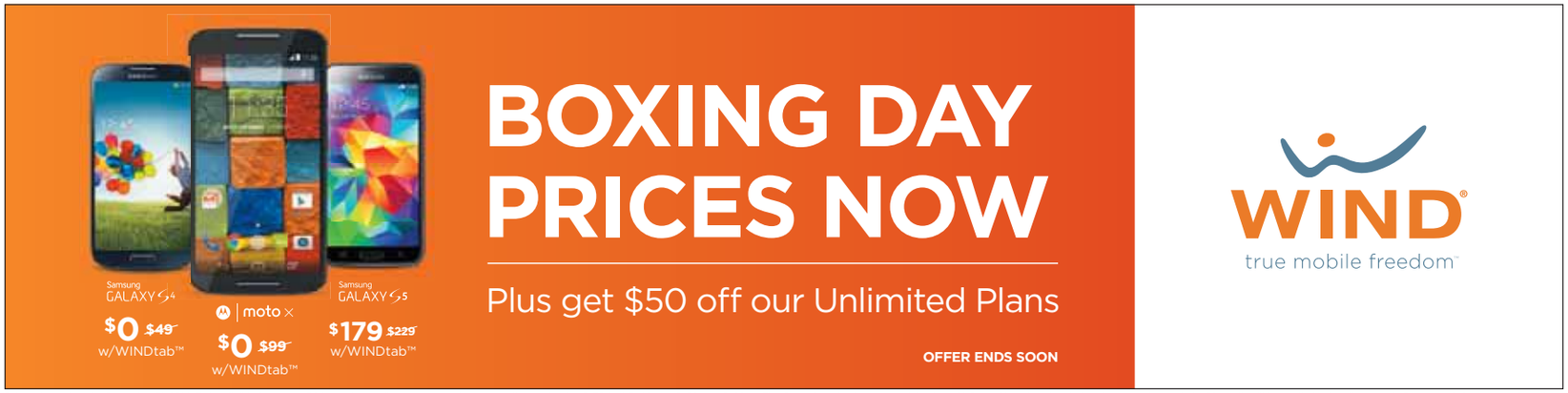
Ripe would help fill the gap between taxis and limousines while following all rules and regulations, Ripe founder Otis Perrick said in a statement.

"These survey results clearly indicate that Vancouverites are hungry for clean, safe, reliable and fairly-priced rides to get around the city," said Perrick in a statement.

Uber, the global (and controversial) ride sharing company that offers a similar service, is taking a different tactic by avoiding the PTB altogether as it prepares to relaunch in Vancouver.

The PTB effectively destroyed Uber's operations in the city in 2012 by forcing it to charge limousine prices of $75 per hour. As Uber sidles back into town, it argues it is a technology company that therefore doesn't have to follow the restrictive PTB rules.

Despite the poll results, Uber clearly has some popular support in Vancouver. More than 21,430 people have signed an online petition to allow Uber in the city.

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# Mounties take 50 impaired drivers off roads

**Nine-day period.** 39 roadside prohibitions issued just on Friday to those with blood alcohol content over legal limit

EMILY JACKSON
emily.jackson@metronews.ca

A man who drove his six-month-old infant, eight-year-old child and sober wife to the airport; a father who drove his 10-year-old daughter three blocks to run errands; a driver from Alberta whose passenger challenged police to a boxing match:

These are just three of the more than 53 people who were taken off the road for driving while impaired in North Vancouver over a nine-day period this holiday season.

North Vancouver Mounties have been busy suspending drivers who continue to drink and drive despite "more-than-ample warning" of increased enforcement, according to a statement from the RCMP detachment.

**Quoted**

**"Especially during this holiday season police want motorists to be safe and happy, free of any impaired driving consequences."** Supt. Chris Kennedy

On the night of Friday, Dec. 12 alone — a night where road conditions were "horrific" due to heavy rainstorms — officers issued 39 immediate roadside prohibitions to drivers with a blood alcohol content over the legal limit of 0.05.

"These stats reflect our officers' commitment to reducing the potential carnage associated with impaired driving that may have occurred not only in North Vancouver, but throughout the Lower Mainland," Supt. Chris Kennedy said in a statement.

An RCMP constable holds a breathalyzer test in Surrey in this September 24, 2010 photo. DARRYL DYCK/THE CANADIAN PRESS

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**Delta, B.C.**

## Cops pull wristband supporting officer accused of murder

A Metro Vancouver police department says it is removing online promotions for the sale of a wristband that support of an officer facing a second-degree murder charge.

The blue wristbands were created for Delta Police Const. Jordan MacWilliams, accused in the death of 48-year-old Mehrdad Bayrami, who died during a police standoff in November 2012.

The bracelets feature the words honour, integrity, courage and trust along with MacWilliams' badge number.

The Delta Police Department posted promotions on its website and social media, but now says it won't be marketing the wristbands after getting complaints.

The department says it is attentive to the public's concerns. THE CANADIAN PRESS

**UBC zoologist**

## Chinook salmon may face extinction by 2100: Study

New climate-change research involving a University of British Columbia scientist predicts that one of the West Coast's most prized salmon stocks could be wiped out over the next 85 years.

A study has concluded that there is a five per cent chance of a catastrophic loss of the chinook salmon by 2075, and that upwards of 98 per cent will be gone by 2100, if climate change warms the water.

UBC zoologist Anthony Farrell was part of the research group and says the salmon studied developed heart problems in water temperatures higher than 24.5 C.

Once past that temperature, the study found that the heart couldn't go any faster and would either slow or go arrhythmic.

THE CANADIAN PRESS

**Pest problem**

## Ridding the world of bedbugs, 180,000 bites at a time

A British Columbia biologist has endured 180,000 bites with the intention of sucking the life out of the worldwide bedbug epidemic.

Once thought eradicated in industrial countries, the pests have reappeared over the past two decades.

A team from Simon Fraser University in Burnaby has identified a set of chemical attractants that lure the bedbugs into traps and keep them there.

But those findings required biologist Regine Gries, who is immune to the bites, to act as a host so the pests could feed while scientists gathered skin and feces from the bugs to analyze.

The team is working to develop the first effective and affordable trap to detect and monitor infestations.

THE CANADIAN PRESS

Fear of false information

## Releasing e-data may 'create havoc': Minister

The Conservative cabinet minister responsible for freedom of information says some federal data cannot be released to the public in electronic format because people might alter it and spread falsehoods.

There's a fear people could "create havoc" by changing the statistical information, said Treasury Board president Tony Clement.

Fred Vallance-Jones, who teaches journalism at the University of King's College in Halifax, said Clement's stance violates the rights of requesters. But Clement says some data cannot be released in a spreadsheet or similar electronic format. He could not point to a specific instance in which federal data had been altered. THE CANADIAN PRESS

Election

## Trudeau vows to be accessible, give voice to ministers, bureaucrats

Justin Trudeau is promising to scrap Stephen Harper's brand of message discipline if he becomes prime minister, giving more freedom to bureaucrats, ditching the scripts for cabinet ministers and making them and himself more accessible to journalists.

The Liberal leader says Harper's penchant for strictly controlling the flow of information has led to an opaque, secretive government that is cut off from the citizens it's supposed to be serving.

A spokesman for Harper thoroughly rejected Trudeau's assertions. However Harper's approach to communications makes for bad decisions and an unhealthy democracy, Trudeau said. THE CANADIAN PRESS

## Canadian teacher jailed in Indonesia set to start trial

Police officers escort child sexual abuse suspect Zainal Abidin, centre, before his trial on Monday at South Jakarta District Court in Jakarta, Indonesia. An Indonesian court has sentenced five janitors to up to eight years in prison over the rape of a kindergartner at a prestigious international school in Indonesia. The janitors' sentences were delivered the day before Canadian teacher Neil Bantleman's trial was set to begin in Jakarta. Bantleman, who is also accused of sexually abusing students at the same school, said he finds the janitors' sentence "devastating," according to his family. He has been in custody since July and has maintained his innocence. PHOTO: TATAN SYUFLANA/THE CANADIAN PRESS; TEXT: THE CANADIAN PRESS

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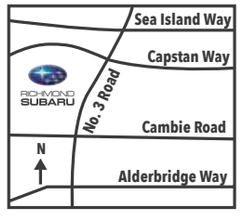


# Dalhousie U. closes public dental clinic

**Online comments.**
Reaction in response to accusations that male dentistry students made misogynistic comments about female students

Dalhousie University's faculty of dentistry is temporarily closing its public dental clinic as part of its response to accusations that male students posted misogynistic messages online about their female peers.

The university in Halifax says it is contacting patients affected by the decision to close its clinic until Jan. 12.

It says the step is one of several measures being taken so that patients, students, faculty and staff are able to return to classes and clinics in a safe and supportive environment.

University president Richard Florizone has said 13 men in the fourth-year of the dentistry program were members of a Facebook group where comments were posted.

University

**On Friday, a group of about 200 gathered in front of the dentistry school in Halifax to read speeches panning the university's response to comments posted on Facebook about female students in the faculty.**

- The school is coming under increasing scrutiny and criticism after announcing Wednesday that it had launched a restorative justice process as a means of dealing with the online comments.

To deal with the postings he has announced a restorative justice process, which is an informal and confidential resolution procedure that includes the parties involved.

The university says its dentistry faculty is working on a detailed plan for classes and the dental clinics for the remainder of the winter term. THE CANADIAN PRESS

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# Halt debate until after funerals, N.Y. mayor says

**Two officers killed.** Shot inside patrol car

New York's mayor called on Monday for protests and political debate to pause until after funerals are held for the two officers who were shot and killed inside their patrol car this weekend by a man vowing retaliation for the deaths of black men at the hands of white police.

The killings came at a time when police nationwide are being criticized following Eric Garner's death in a New York officer's chokehold and 18-year-old Michael Brown's fatal shooting in Ferguson, Mo. Protests erupted in recent weeks after grand juries declined to charge the officers involved. On Monday, a prosecutor said a white Milwaukee police officer who was fired after he fatally shot a mentally ill black man in April won't face criminal charges.

"I think it's important that regardless of people's viewpoints that everyone step back," Mayor Bill de Blasio said in a speech at the Police Athletic League. "I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."

Officers Wenjian Liu and Rafael Ramos were ambushed Saturday by a 28-year-old who wrote an Instagram post that he would put "wings on pigs." The suspect, Ishmaaiyl Brinsley, was black; the slain New York Police Department officers were Hispanic and Asian.

THE ASSOCIATED PRESS

**Quoted**

**"I think it's a time for everyone to put aside political debates, put aside protests, put aside all of the things that we will talk about in all due time."** NYC Mayor Bill de Blasio

## Glasgow garbage truck kills six pedestrians

Emergency services attend the scene in George Square in Glasgow, Scotland, after six people were killed and several others injured when a garbage truck crashed into a group of pedestrians downtown Monday. The truck veered out of control along a crowded road in the city centre, Supt. Stewart Carle of Police Scotland said. THE ASSOCIATED PRESS

## North Korea. Country's online access crippled

North Korea experienced sweeping and progressively worse Internet outages extending into Monday, with one computer expert saying the country's online access is "totally down." The White House and the State Department declined to say whether the U.S. government was responsible.

President Barack Obama said Friday the U.S. government expected to respond to the hacking of Sony Pictures Entertainment Inc., which he described as an expensive act of "cyber vandalism" that he blamed on North Korea. Obama did not say how the U.S. might respond, and it was not immediately clear if the Internet connectivity problems represented the retribution.

THE ASSOCIATED PRESS

## Agenda. UN to address N. Korea's human rights

The UN Security Council placed North Korea's human rights situation on its agenda Monday, a groundbreaking step toward holding the nuclear-armed but poor country and leader Kim Jong Un accountable for alleged crimes against humanity.

This appears to be the first time that any country's human rights situation has been scheduled for ongoing debate by the UN's most powerful body. China and Russia protested the move, the boldest effort yet to confront Pyongyang over the issue.

An angry North Korea, now on the defensive against a U.S. accusation of hacking, has said it would refuse to recognize Monday's meeting.

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# Iraqi TV show forces man convicted of terrorism to face victims and families

**'In the Grip of the Law.'** The man, convicted in string of Baghdad car bombings, began weeping as cameras rolled

Haider Ali Motar was convicted of terrorism charges about a month ago for helping to carry out a string of Baghdad car bombings on behalf of the Islamic State of Iraq and the Levant (ISIL). Now, the 21-year old is a reluctant cast member in a popular reality TV show.

"In the Grip of the Law," brings convicted terrorists face-to-face with victims in surreal encounters and celebrates the country's beleaguered security forces. The show, produced by state-run Iraqiyya TV, is among dozens of programs, cartoons and musical public service announcements aimed at shoring up support for the troops after their humiliating defeat last summer at the hands of ISIL, which now controls about a third of the country.

On a chilly, overcast day last week, the crew arrived at the scene of one of the attacks for which Motar was convicted, with a heavily armed escort in eight military pick-up trucks and Humvees. Passing cars clogged the road to watch the drama unfold, but were quickly shooed away by soldiers.

After being pulled from an armoured vehicle, a shackled Motar found himself face-to-face with the seething relatives of the victims of the attack. "Give him to me — I'll tear him to pieces," one of the relatives roared from behind a barrier.

Once the cameras were rolling, the show's host Ahmed Hassan quizzed the shackled prisoner. When Motar was confronted by one of the victims, a young man in a wheelchair who lost his father in one of the attacks, the convict began weeping, as the cameras rolled.

In this photo taken on Dec. 16, 2014, Haider Ali Motar, right, performs a scene from "In the Grip of the Law," a reality show produced by Iraqi state TV in Baghdad, Iraq. Motar was convicted of terrorism charges about a month ago for helping to carry out a string of Baghdad car bombings on behalf of ISIL. HADI MIZBAN/THE ASSOCIATED PRESS

Iraq has seen frequent car bombs and other attacks for over a decade, both before and after the withdrawal of U.S.-led troops at the end of 2011. But the message of the show is that the security forces will bring perpetrators to justice.

"We wanted to produce a program that offers clear and conclusive evidence, with the complete story, presented and shown to Iraqi audiences," Hassan said. "Through surveillance videos, we show how the accused parked the car, how he blew it up, how he carries out an assassination."

The episodes detail trails of evidence that lead security forces to make arrests.

"We show our audiences the pictures, along with hard evidence, to leave no doubts that this person is a criminal and paying for his crimes," Hassan said.

All of the alleged terrorists are shown confessing to their crimes in one-on-one interviews. Hassan said the episodes are only filmed after the men have confessed to a judge, insisting it is "impossible" that any of them are innocent.

Human rights groups have long expressed concern over airing confessions by prisoners, many of whom have been held incommunicado in secret facilities, citing the justice system as being flawed to the point detainees' rights are routinely violated and they would be uncomfortable to speak freely.

Security officials insist though their message is one of deterrence.

"Many of these terrorists feel a lot of remorse when they see the victims," said the senior intelligence officer overseeing the shoot, who declined to be named since he often works undercover. "When people see that, it makes them think twice about crossing the law."

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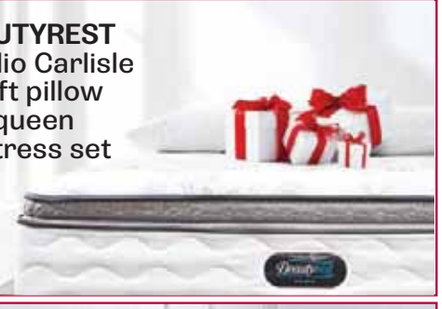

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# U.S. Industry spearheads drone safety campaign

Alarmed by increasing encounters between small drones and manned aircraft, drone industry officials said Monday they are teaming up with the U.S. government and model aircraft hobbyists to launch a safety campaign.

The campaign's website, knowbeforeyoufly.com, advises both recreational and commercial drone operators on FAA regulations and how to fly their unmanned aircraft safely.

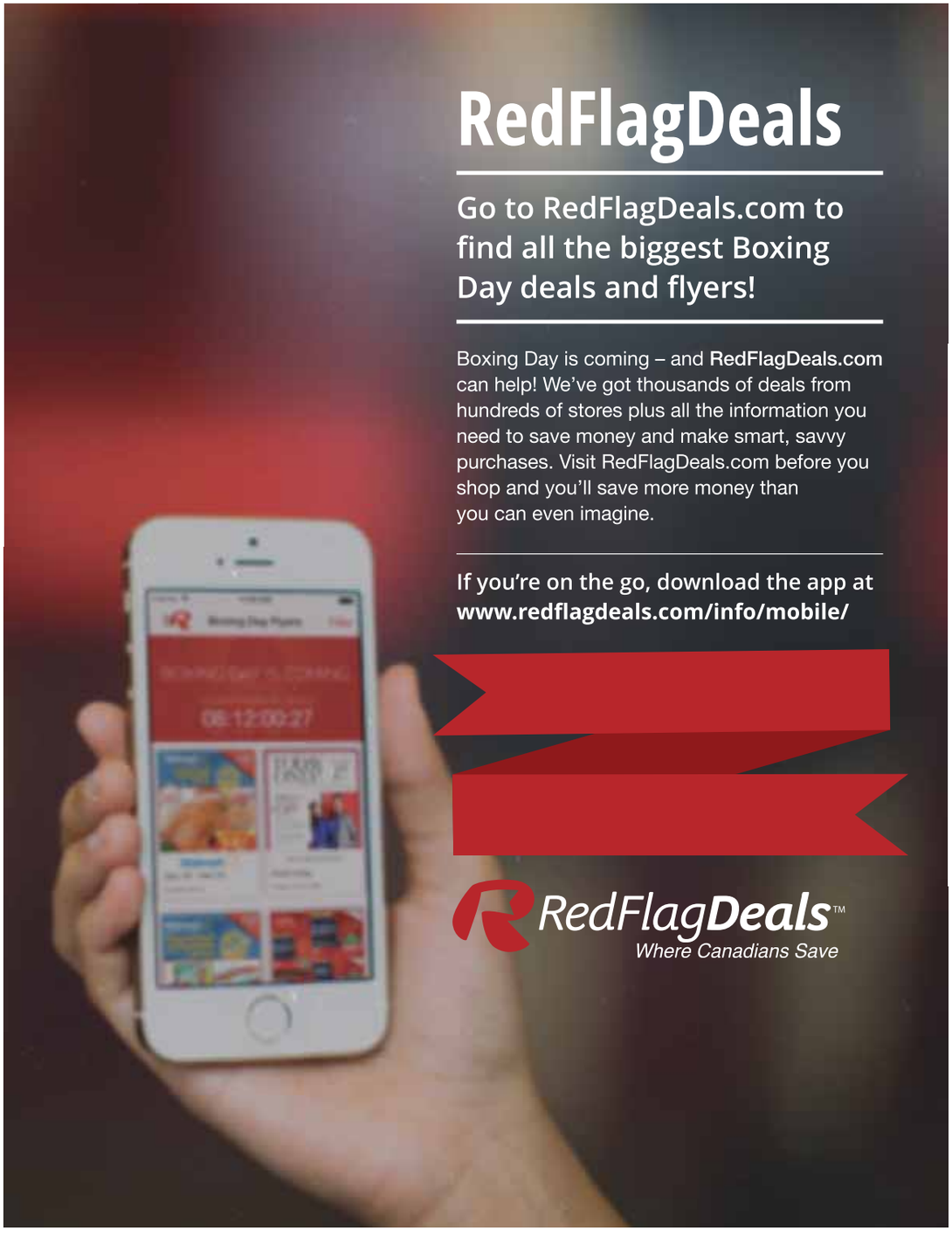
The campaign was announced by Association for Unmanned Vehicle Systems International and the Small UAV Coalition, both industry trade groups, and the Academy of Model Aeronautics, which represents model aircraft hobbyists, in partnership with the Federal Aviation Administration.

Retailers say small drones, which are indistinguishable from today's more sophisticated model aircraft, are selling well this Christmas.

"In just a few days, kids old and young will unwrap presents, and many of them — maybe tens of thousands — will have unmanned aircraft," Michael Toscano, president of the unmanned vehicle association, said in a conference call with reporters. "This technology is very accessible and in very high demand, but information on how to fly safety isn't readily available. That's why we've created this safety campaign."

The FAA is concerned that amateurs are using the drones in a reckless manner, increasing the likelihood of a collision that could bring down a plane or rain debris down on people. The agency has been receiving about 25 reports per month this year of drones sighted flying near manned aircraft or airports, up from just a handful of reports two years ago.

THE ASSOCIATED PRESS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Louise Miner says her Rip n Go is removable with just one hand and it helps keep her two-year-old's bed dry at night. JOE LOFARO/METRO

# Mom helps keep beds dry

**Ottawa.** Mother of two invented environmentally friendly pad that will soon be available on Amazon

JOE LOFARO
joe.lofaro@metronews.ca

An Ottawa mom may have the answer to every new parent's prayers.

Louise Miner invented the Rip n Go, a detachable, waterproof, machine-washable absorbent pad that prevents kids from soaking the bed overnight if they wet.

The environmentally friendly product is already available for purchase at select Ottawa stores, but it may soon be more widely available as Miner's business is gearing up for wider distribution with retailers such as Amazon.

Miner, a mother of two from the Ottawa suburb of Orleans, came up with the idea after her second child had bedwetting problems. She said her very tired husband one night put a towel down in their daughter's crib to keep it dry, but then she thought there must be a better and safer way.

That's when she designed the Rip n Go, whose best feature is the Velcro seal that keeps the padded sheet in place during sleep. A parent can rip the pad off with one hand and replace it with a fresh pad without having to lift the mattress to change soiled bed sheets.

"At 3 o'clock in the morning, it's the last thing you want (to do)," said Miner.

"It was a huge lifesaver. I wasn't worrying because of something he might do because of his sleep deprivation."

The new company received mentorship support from Invest Ottawa, an economic development agency that helps local startups.

Miner also developed a version for kids aged three to nine years old that comes with matching bedding and pillow case.

There is also an adult version with a fitted sheet that remains in place with elastics under the mattress, so only the top pad needs to be replaced.

**Tree, menorah, lights**

## Tweets control holiday display

Twitter users anywhere in the world can control the lights on a holiday display in New Jersey.

Tweets will turn on a nine-foot Christmas tree, menorah and over 1,000 LED lights at Oxford Communications in Lambertville and also turn them off.

Tweet #brilliant#twinkle to @Oxmas_Tree to light the display and tweet #figgyypudding to turn them off. THE ASSOCIATED PRESS

**Market Minute**

**DOLLAR** 85.93¢ (-0.22¢)

**TSX** 14,432.38 (-35.88)

**OIL** $55.26 US (-$1.87)

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VOICES

# XMAS CARDS AGAINST HUMANITY

It's almost Christmas, and you probably forgot to mail out those cards again, which means right about now your friends are probably getting dancing elves in their inbox

PAUL SULLIVAN
readers@metronews.ca

It's that time of year again.

You know, when you think about sending Christmas cards to friends and loved ones, but as one Canada Post deadline after another sails by, they stay in the box until next year, and they won't get sent then, either.

I'm not exactly sure what keeps them in the box. There are plenty of reasons, even without inertia. And inertia's good enough.

Someone should start Inertia Anonymous.

But Christmas cards are hard work.

First, you have to buy them, with all the decisions that implies.

Should they say Merry Christmas and offend friends who aren't Christian, or Happy Holidays and underwhelm everyone, including the non-Christians?

Should they be tasteful or should you go all Thomas Kinkaid, opting for fantasy frost and cozy kitsch and damn the torpedoes?

Should each purchase benefit the world's children?

Should the cards be made of 100 per cent re-chewed pulp?

OK, we've got the cards. Now we have to find actual addresses that require something called "postal codes."

Then we have to decide if we're going to subject everyone to the annual State of Christmas address or just write a cheery greeting followed by the appropriate number of xs and os. (Signing XXXOOO on the bank manager's card is obvious and embarrassing).

Unless all three of your children graduated this year from Harvard Medical School, you'll be hard-pressed to keep up with the competition, so it's wise just to jot a thoughtful note, such as: "It's been a long time since we got together. Are you still alive?"

Once you've addressed and written the cards, next come the stamps. If you've been out of the snail-mail slow lane for a while, you're in for a shock: The price of stamps has gone up to a buck apiece.

This is a million per cent increase over last year, when it cost 63 cents. If you send out 20 cards, which you will do according to a Canada Post poll, that's $20 bucks for just being thoughtful.

Of course, the deadline for getting the cards delivered by Christmas expired in October, which means you and your friends will be exchanging face-saving Christmas cards well into April.

It's enough to make you give up and send images of creepy dancing elves to all your virtual acquaintances via email, Facebook, Twitter, LinkedIn, Instagram and various other stress-inducing electronic bombardments.

But despite all the nonsense that goes with the cardboard artifacts, Britons send a billion a year, Americans 1.4 billion.

And while that number is down from 1.9 billion in 2009, the generation known as Millennials have shown a heart-warming tendency to include Christmas cards along with vinyl records, robust facial hair and artisanal this or that in their quest for the lost authenticity of the ancients. So I will persevere. Starting with the box I bought in 2009, I pledge to send out cards in time for Christmas 2015. H0H 0H0!

# Surviving your family: Booze, Ativan and other tips

REBECCA KOHLER
readers@metronews.ca

Oh man, it's that time of year again: Christmas! Or Hanukkah! Or what ever word it is you use to define "awkward family gathering."

Don't get me wrong, I love Christmas and, for the most part, I love my family. But there's a reason that when I prepare myself a festive beverage people often ask, "Did you want some eggnog in that bourbon?"

I need that drink to aid in the circumnavigation of uncomfortable questions, buried family tensions and the fact that I'm now wearing a feather boa because my Aunt Lois thought it was, "Perfect for me."

I'm not saying drinking is the answer. Ativan helps too. But if substances aren't your thing, there are other ways to help yourself through the labyrinth of emotional grenades that Christmas day can bring.

For instance, if you're a woman, you may be asked a lot of questions about your womb.

**Few win the next-of-kin lottery**

## If you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are.

What's it doing? What's it thinking? It must be so dusty in there! First, you need to let these questions/comments roll off your back as if it were covered in baby oil (an oil you'd know more about if you had a baby!).

Remember, it's a common misconception that all women want/can have babies and your family member is just trying to tap into some common ground.

They don't know that you have reproductive issues, or you're single or that you'd rather eat out of a garbage can than have a kid, so don't get mad or uncomfortable, just deflect. Make a joke like, "My womb is thinking what my stomach's thinking: Where's the turkey?!" Everyone will laugh and you'll distract prying eyes from the fact that you cry yourself to sleep every night with your cat.

Then there's always the "How's work?" question. This one can really be a stinker.

Maybe you don't like your job, or your job (in the eyes of others) is subpar, or maybe — and this is where family gatherings are really tricky — maybe your job is amazing and you're a millionaire and you just got a promotion, but the cousin who asked you about it is on disability because he got his finger stuck in the fryer at McDonald's.

This is a no-win situation. You don't want to rub success in the nose of the unsuccessful and yet any failure you admit to will be gobbled up by your bitter relatives like a fried schadenfreude hors d'oeuvre.

So what to do? You can try something like, "The best part about work is that we're not there right now. Am I right, Cousin Jimmy?" and then pat him on the back. If he persists, feign stomach cramps and run to the bathroom. Diarrhea shuts everyone up.

And then there's just the family. Your great aunt with the breath that smells like a dilapidated tuna factory. Your weird uncle who always tries to kiss you a little too close to the mouth.

There are the nieces and nephews who are so cute for twenty minutes and then you wish you had some Ambien For Kids. The combination of turkey and wine have left you with the inability to move, yet you're stuck on the couch beside your mother who won't stop commenting on how "Round your face is looking."

By the way, if you have a perfect family with no bad breath or passive-aggressive mothers, then I want you to know how lucky you are. Go to your holiday gatherings and hug your family extra tight, because you must have won the next-of-kin lottery. I'll bet you have perfect teeth too. How nice for you.

For the rest of us, the question is: Why do we do this? Is it for the gifts? The food? Is it for Jesus? Well, call me a sap, but I think it's for love. Because while all of this sounds awful, and all the people I'm going to see make me want to book an emergency appointment with my therapist, I love them. Does that make love sound gross and weird? Yes! And I wouldn't have it any other way.

HAPPY HOLIDAYS!!!!!

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Mel B ALL PHOTOS GETTY IMAGES

# Issues with mom may have led Mel B to mix meds: Source

Whoa. So last week, former Spice Girl Mel B (real name Melanie Brown) missed a taping of the British version of X Factor after heading to the hospital because of stomach pains. But now it turns out that was a bit of a fib.

A source tell Radar Online that Brown "was hospitalized because she mixed tranquilizers, including Xanax, with alcohol. It was absolutely accidental and not intentional. She wasn't suicidal, but the pressure of being back in London brought a lot of unresolved issues to the surface concerning being estranged from her mother, Andrea, and the rest of her family."

Dang, source, ease off with the oversharing. You could've just left it at "not intentional." Brown has reportedly been holed up in a London hotel with her daughters since leaving the hospital and has been cleared by doctors to return to the U.S.

# Sheen's show gets shelved as 100th episode hits the screen

Last night's Anger Management finale, it turns out, was the series finale. Charlie Sheen's post-Two and a Half Men project is all done, as cast and crew were informed late last week by FX and Lionsgate that the show would not be renewed.

"I am beyond proud of what we accomplished over the course of 100 episodes," Sheen says in a statement. "We created something uniquely special with some of the most talented individuals I have ever had the privilege to work with. My sincere thanks to all for their unwavering love and support. Here's to the next chapter."

Charlie Sheen

The network brass apparently informed the team Friday, ahead of Monday's 100th episode debut, which certainly put a damper on the celebrations.

The series was kicked off in a unique manner, with Sheen orchestrating a deal with the network where he made 10 episodes and if they liked them, they had to order a minimum of 90 more, instantly triggering a syndication deal and resulting in an often draining production schedule for those involved. Up next for Sheen? Reprising his Ferris Bueller's Day Off character for a cameo on The Goldbergs.

# Clooney heads Downton for Christmas

Remember all that talk about George Clooney making an appearance on Downton Abbey? Well, the moment has arrived. Clooney gets in on the action for the series' Christmas comedy bit made for the ITV network's annual charity drive, featuring the hit British show getting the It's a Wonderful Life treatment as Lord Grantham (Hugh Bonneville) frets about how he's ruined the family finances. Absolutely Fabulous star Joanna Lumley plays his guardian angel, and Clooney pops up as George Oceans Gravity, Marquess of Hollywood, the PDA-happy guy Cora (Elizabeth McGovern) ended up with since Lord Grantham had never been born. Let's just say he might've been onto something.

# A plot twist involving prosthetics sees Pitt pounce on the Hannibal exit

Michael Pitt is apparently all done with Hannibal and won't be returning for the show's third season, but that doesn't mark the end of his character, meat-packing magnate Mason Verger. Pitt will be replaced by Across the Universe star Joe Anderson, and hopefully fans won't notice the difference. I mean, he ended Season 2 doing some pretty grisly things to his own face, meaning lots of stomach-turning prosthetics, so it just might work. Sources say Pitt made the decision to leave the show, probably seeing his character's intense facial mutilation as the perfect opportunity to do so. Oh, and Anderson posted a pretty alarming photo of himself in full Verger makeup on the character's Instagram account, so now we kind of see Pitt's point.

Michael Pitt

# Cox loved Beyoncé's Christmas card like XO

Orange is the New Black star Laverne Cox totally wins the relatability award this year for her perfectly measured and understandable reaction to receiving a Christmas card from Beyoncé. I mean, it's a Christmas card from Beyoncé. Cox posted a shot of the signature to Instagram, explaining, "So when I opened this holiday card a few days ago and read 'Love Beyoncé,' I literally fell to the floor. I was on the floor of my apartment. I have witnesses." Don't worry, we believe you.

She also writes, "Thanks Bey for the gift" and includes an image of a sweatshirt emblazoned with Cake by the Pound. It's unclear whether the item is said gift — I mean, it would make sense, right? — but the important thing is I would like to know more about this cake by the pound policy. Where do I sign up?

Laverne Cox

# The women ruled in 2014

The year 2014 solidified something that's been clear for a few years now: When it comes to pop music, the ladies are killing it. Here are the women who rocked the pop music world this year. **LISA WEIDENFELD AND EMILY LAURENCE/**scene@metronews.ca

ALL PHOTOS GETTY IMAGES

## Beyoncé

Her album came out in 2013, but it was one of the biggest hits of 2014, giving us all a chance to say "surfbort" and worship at the throne of Queen B. Plus, her new cover of Crazy in Love turned the 50 Shades of Grey trailer into something genuinely steamy.

## Ariana Grande

It was impossible to escape this pint-sized popstar this year. Her album My Everything generated three top tracks: Problem (featuring Iggy Azalea), Break Free (featuring Zedd) and Love Me Harder (featuring The Weeknd), Grande by far proved that her Nickelodeon days are forever behind her.

## Taylor Swift

Taylor Swift's reign continued this year with the mega success of her first strictly pop album, 1989. It debuted at number one on the Billboard charts and her Shake It Off video is one of the most-watched of the year. Her album, a massive tour and endorsements helped the 22-year-old earn $57 million.

## Miranda Lambert

Being honoured as CMT's artist of the year wasn't the only accolade Miranda Lambert racked up this year. She is also nominated for four Grammys. If she wins, it will be her first time taking one home since 2010. But don't call it a country comeback — her fans have long been supportive of Mrs. Blake Shelton.

## Lorde

Eighteen-year-old Lorde went from singer to producer this year, by curating The Hunger Games: Mockingjay — Part 1 soundtrack. Including artists such as CHVRCHES and The Chemical Brothers, as well as releasing her own song Flicker Beat, got her respect from critics and teen fans.

## Tove Lo

Sometimes, singing about sex clubs and getting high can pay off. It did for Swedish singer Tove Lo, who broke it big in the States this year with her song, Habits (Stay High), which reached No. 3 on the Billboard charts.

## Charli XCX

The Dec. 14 SNL musical guest has been around for a few years. But this year saw her break through on her own, with Boom Clap on the Fault in Our Stars soundtrack — a must-have for bookish teens everywhere.

## Iggy Azalea

The Florida-by-way-of-Australia rapper had a breakthrough year, teaming up with Charli XCX for Fancy and Ariana Grande for Problem. She's also the only act other than the Beatles to have her first two Billboard hits rank 1 and 2.

## Nicki Minaj

If you've gotten Anaconda out of your head even once since you first heard it, we'd be surprised. Minaj scored another huge hit with this track, as well as garnering tons of hits for the sexy/funny music video co-starring Drake. The video set a Vevo record for the most views in its first 24 hours online, with 19.6 million hits.

## St. Vincent

Singer St. Vincent has come a long way from her time as a member of the Polyphonic Spree. After her much-loved team-up with David Byrne in 2012, she came back with 2014's eponymously titled St. Vincent, perhaps her biggest success yet. The album ended up with a Grammy nomination for Best Alternative Music Album.

## Five guys who also had pretty good years

The year wasn't all Beyoncé and Iggy Azalea songs. Women may have dominated the music scene, but a few good men had their share of success, too. Here are the top five:

**Childish Gambino**
What started as a cult following transformed into mass appeal this year for rapper (and Community actor) Childish Gambino, who got a Grammy nod for his song, 3005.

**Nick Jonas**
This was the year Nick Jonas officially became a man — at least in the public's eye. Unlike brother Joe Jonas (whose solo career flopped) Nick is garnering success with his hit Jealous, which reached No. 8 on Billboard and generated 14 million views on YouTube.

**Pharrell**
If Happy seems like the most-played song of the year, it was. It held the top spot on the charts longer than any other song this year. No wonder he's up for four Grammys.

**Sam Smith**
Sam Smith was another of 2014's newly minted stars, with his heartbreaker Stay with Me filling the Adele-shaped hole in our hearts (for now). Just how successful is he? He popped up in pictures from Taylor Swift's 25th birthday party alongside Jay Z, Beyoncé, and the rest of Swift's posse.

**Ed Sheeran**
The British crooner can do no wrong these days. 2014 saw him release both Sing and Thinking Out Loud, as well as contribute to the Fault in Our Stars soundtrack and win an MTV Video Music Award for the video for Sing.

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Steven Tyler, right, and Joe Perry of Aerosmith openly fight with each other, but keep working together. AFP FILE

# It's the Same Old Song and Dance for Aerosmith

**Feuds and music.**
Singer Steven Tyler and guitarist Joe Perry stick together despite their ongoing tensions

The rock music world is notorious for its bickering, but Aerosmith belongs to another category altogether — a band with constant and open tensions that has nonetheless managed to stay together.

The friction between guitarist Joe Perry and singer Steven Tyler shows no signs of mellowing with age, with the two Boston rockers both releasing tell-all books that portray each other in a less than flattering light.

Since his memoir Rocks came out in October, Perry says he has only exchanged text messages with his bandmate of 40 years. "It kind of bounced back and forth a bit. He got about a third of the way through the book and said he liked it, and then I didn't hear from him, but obviously he finished it," Perry told AFP.

Perry said he had fully expected Tyler, who criticized his bandmate in his own book in 2011, to take exception to parts of the memoir that portray the singer as controlling and self-promoting.

Among the allegations, Perry says that Tyler used to make a habit of stealing, and that several years ago he quietly tried out — unsuccessfully — to sing for a reunited Led Zeppelin. Perry said he knew from the first time they met that he and Tyler had differences, but that they had found a way to work together after splitting in the late 1970s.

"We had to figure out a new dynamic instead of just fighting all the time, to put the personal stuff aside, and let our differences as far as the music go work for us, instead of being a point of contention," Perry said. AFP

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# Let's all eat, drink and be healthy

**Tips.** How to enjoy all the yuletide offerings without paying for it in the New Year

When you sit down for Christmas dinner, there's a few easy ways to keep it healthy. ISTOCK

There will be a lot of overeating over the holidays.

There are all those high-cal foods that family traditions link to holiday celebrations. Eggnog (cream plus eggs plus sugar plus alcohol). Mashed potatoes whipped with cream cheese and plenty of butter. Gravy. So much gravy.

Given that the holidays are a season of excess and traditional holiday foods are highly calorific, we asked dietary experts how to contain the damage. Specifically: If there is one thing to cut out to make the feasting less excessive, what should it be?

Surprisingly, several of our experts did not advise eliminating a particular food. And a number didn't even frown on the idea of seasonal indulgence. But they did offer some suggestions to contain the calories.

"I'd say that if overeating is ever allowed, that it is allowed for the major festivities that occur a few times a year — provided food intake is controlled the rest of the time," says Thomas Wolever, a professor in University of Toronto's department of nutritional sciences.

Wolever says overeating by 2,500 calories — in other words, doubling an average daily intake — on three days a year can be offset by cutting back 20 calories per day for the other 362 days.

Len Piche suggests focusing on portions and finding low-calorie options.

Savour foods slowly, using smaller servings on smaller plates to help limit the calories, says Piche, a nutrition professor at Western University's Brescia University College.

Drink water before a meal. Don't skip breakfast or lunch to focus on a big dinner.

"Trying to 'save yourself' for big meals by skipping meals earlier in the day might backfire. You may develop a ravenous appetite and end up eating more calories than you normally would," Piche says.

Rena Mendelson, a professor of nutrition at Ryerson University in Toronto, also offers some tips that might help you control your calorie intake better at a big holiday meal.

"Before you go to a holiday party, have a bowl of soup and avoid any of the pre-meal treats as they tend to be very high in calories," she says.

**Go ahead and indulge**

**"A weight management program will not be set back by indulging a few times a year — provided discipline is maintained most of the time."**

Thomas Wolever, a professor in University of Toronto's department of nutritional sciences

"Eat the main meal and have enough to feel satisfied but not overfed. This may help to limit the dessert course... ."

Watch your liquid calories, suggests Dr. Yoni Freedhoff, a professor of obesity medicine at the University of Ottawa.

"If I were to pick one thing to ditch, it would be the sweet stuff as many a home has the tradition of sugary soda for festive meals," he says.

One dietary expert did recommend a food item to cut. And Dr. David Jenkins acknowledges his nomination may qualify him for the role of the Grinch. Jenkins suggests cutting whatever the main meat dish is in your holiday dinner.

It's not that Jenkins thinks it's the least healthy. It's that pulling out the linchpin, so to speak, would fundamentally change our approach to the meal. He thinks with the planet's expanding population, climate change and the obesity epidemic, it's time to start thinking about eating in a more sustainable way.

"It would be a radical change in the 'sit-down-and-gorge' concept that's the centre of Christmas," says Jenkins, a researcher at Toronto's St. Michael's Hospital who studies the effects on cholesterol and health of eating more plant-based foods and fewer processed food products.

"It forces people to think about other options," he says of his recommendation. "They may think, hopefully, of more environmentally friendly options. They may think of more plant-based diets.

"They may, in fact, forgo a large meal and do some snowboarding. ... I think that we've got to start thinking about other things at Christmas than sitting down and getting comfort food."

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# How ibuprofen may extend your life

The lifespan of the species in the study (yeast, worms and flies), which used ibuprofen, increased by 15 per cent. APF

**Study.** Researchers looked at the effects of the drug on the lifespan of a range of species and say it may also work for humans

An over-the-counter pain-relieving and fever-reducing drug could lead to a longer and healthier life for many species and possibly humans, too, according to a new study at Texas A&M University (TAMU).

"We first used baker's yeast, which is an established aging model, and noticed that the yeast treated with ibuprofen lived longer," says lead author Dr. Michael Polymenis, a biochemist at TAMU's AgriLife Research station, "Then we tried the same process with worms and flies and saw the same extended lifespan. Plus, these organisms not only lived longer, but also appeared healthy."

The yeast, worms and flies were treated with ibuprofen at doses proportionally comparable to the recommended dose for humans and increased their lifespan by 15 per cent.

If human lifespans increased by that amount, it would add an extra dozen years of healthy living, according to Dr. Polymenis, who says his experiments on worms indicate good health would be part of the package.

Measurements of worms' thrashing and the pumping movements they made while swallowing under treatment indicated they were thriving in their extra years and not suffering.

Over the course of the three-year study, Dr. Polymenis observed that ibuprofen hinders the ability of yeast cells to pick up an essential amino acid found in every cell of every organism called tryptophan.

Less tryptophan being dissolved into yeast appears to make a difference, but Dr. Polymenis said he isn't sure why yet.

Drugs other than ibuprofen are working, too, according to Dr. Brian Kennedy, the president and CEO of the Buck Institute for Research on Aging in Novato, California, who collaborated with Dr. Polymenis.

"Our institute is interested in finding out why people get sick when they get old," says Dr. Kennedy.

"We think that by understanding those processes, we can intervene and find ways to extend human health span, keeping people healthier longer and slowing down aging. That's our ultimate goal."

The study was published in the journal Public Library of Science, Genetics. AFP

**The study**

**"We first used baker's yeast, which is an established aging model, and noticed that the yeast treated with ibuprofen lived longer."**

Dr. Michael Polymenis, a biochemist at Texas A&M University

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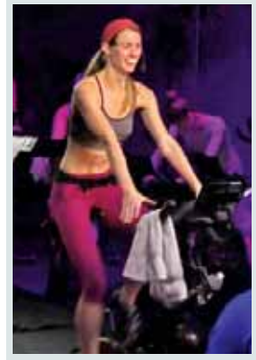

## Relationships. Women have greater partner empathy than men: study

It might not seem like news, but women exhibit considerably more empathy toward their partners than men do, according to a large-scale study at Griffith University and the University of Queensland in Australia.

When their partners succumbed to illness or experienced a traumatizing life event, women were noticeably affected, but the inverse was not true, according to Dr. Cindy Mervin from Griffith and Prof. Paul Frijters from the University of Queensland.

"It is not that men are unemotional or uncaring, since they are quite strongly affected by what happens to themselves, but they simply are not very emotional when it comes to the feelings of their partner," says Mervin.

AFP

Women are more affected than men when their partners are suffering. AFP

**Parenthood**

## Pregnancy affects dad's hormones

Fathers-to-be can experience a drop in two hormones, testosterone and estradiol, as their wives' pregnancies progress, according to a first-of-its-kind study at the University of Michigan.

Past research has indicated that fathers' testosterone drops after the birth of a baby and a study at Northwestern University confirmed this to be the case in 2011, a finding the researchers say is consistent with other species in which males help care for offspring.

Why the hormones change is not yet fully understood, according to lead author Robin Edelstein, whose study was published in the American Journal of Human Biology.

"These changes could be a function of psychological changes that men experience as they prepare to become fathers, changes in their romantic relationships, or even physical changes that men experience along with their pregnant partners," says Edelstein. AFP

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# Get ready for the main holiday event

**Roast Turkey with Caramelized Onion and Thyme Jus.** Try this if you're looking for a new flavour for the big bird

This recipe serves 15. PRESIDENT'S CHOICE

**Ingredients**

- 2 tbsp (25 ml) canola oil
- 2 large onions, peeled and cut in thin wedges
- 10 cloves garlic, peeled
- 4 each sprigs sage and thyme
- 2 tsp (10 ml) salt
- 1-1/2 tsp (7 ml) black pepper
- 2/3 cup (150 ml) PC Country Churned Butter - Unsalted, soft
- 1 tbsp (15 ml) each chopped fresh sage and thyme
- 1 tbsp (15 ml) finely chopped garlic
- 1 tbsp (15 ml) Dijon mustard
- 1 PC Free From Whole Turkey, about 6.2 kg, thawed
- 1/4 cup (50 ml) dry white wine
- 2 tbsp (25 ml) all-purpose flour

**1.** Preheat oven (10 to 20 minutes) to 325 F (160 C).

**2.** In frying pan, heat oil over medium-high; cook onions, whole garlic cloves, thyme and sage sprigs, and half each of the salt and pepper for 6 to 8 minutes, stirring frequently, or until onions are golden and softened. Transfer to plate; cool.

**3.** In bowl using wooden spoon, cream butter, chopped sage and thyme, chopped garlic, and remaining salt and pepper. Transfer 2 tbsp (25 ml) of mixture to bowl; set aside. Stir Dijon into remaining mixture.

**4.** Remove turkey neck and place in bottom of roasting pan. Pat turkey very dry inside and out with paper towel. Brush entire surface of turkey with Dijon herb butter, placing some under skin of breast as well. Place one-third of onion mix into cavity of bird. Truss bird to tuck in legs and wings. Place turkey directly in roasting pan, breast up, and arrange remaining onion mix in pan around bird. Cover loosely with foil.

**5.** Place roasting pan in bottom third of oven. Roast 20 minutes. Add 2 cups (500 ml) water to pan. Roast 18 minutes per lb (500 g) or until meat thermometer inserted at thickest part of thigh reads 185 F (85 C). Remove foil for last half-hour of cooking to allow skin to brown. Remove from oven. Carefully transfer turkey to wire rack set over rimmed baking sheet. Tent with foil. Let stand 20 minutes before carving.

**6.** Remove neck from pan and set aside. Strain juices into glass measuring cup; let stand a minute to allow fat to rise. Discard solids in sieve. Spoon fat away from strained drippings.

**7.** Set roasting pan over medium heat. Pour in wine; whisk briskly to get up browned bits on bottom of pan. Once reduced by half, return strained juices and neck to roasting pan. Add juices from under turkey and bring to a simmer. Stir flour into reserved herb butter; a bit at a time, whisk into simmering turkey jus. Once butter is whisked into jus, simmer 4 minutes or until thickened. Discard neck. Strain again if needed. Pour into a gravy boat and serve alongside turkey. PRESIDENT'S CHOICE

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NBA

## Grizzlies suffer third straight loss

Alec Burks scored 23 points, Gordon Hayward added 21 and the Utah Jazz handed the Memphis Grizzlies their third straight loss with a 97-91 victory Monday night.

The Jazz withstood a late push by hitting eight of 10 free throws down the stretch for their third win in the last four.

Rudy Gobert managed only two points, missing five of his six shots, but had a career-best 16 rebounds and two blocks as the Jazz dominated the boards 49-34.

Mike Conley led Memphis with 28 points and his two three-pointers down the stretch kept the Grizzlies close. Marc Gasol finished with 24 points and 12 rebounds.

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NBA

## Raptors gored by Rose and the Bulls

Derrick Rose scored 29 points, Jimmy Butler added 27 points and 11 rebounds, and the Chicago Bulls snapped the Toronto Raptors' six-game winning streak with a 129-120 victory on Monday night.

Rose scored 15 of the Bulls' franchise-record 49 points in the fourth quarter.

Kyle Lowry scored 34 points for the Raptors.

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Derrick Rose THE ASSOCIATED PRESS

Canucks, from left, Radim Vrbata, Daniel Sedin, Alex Burrows, Henrik Sedin and Alexander Edler celebrate Burrows' second goal against the Coyotes on Monday night at Rogers Arena. DARRYL DYCK/THE CANADIAN PRESS

# Canucks keep lamp lit against Coyotes

**NHL.** Vancouver goes into NHL holiday break on a winning note

CAM TUCKER
cam.tucker@metronews.ca

On Monday

| 7 | 1 |
|---|---|
| Canucks | Coyotes |

Ryan Miller was good. Mike Smith wasn't. That was the difference.

In the spirit of the holiday season, Smith, the Arizona Coyotes goalie, practically gift-wrapped a victory and two points for the host Vancouver Canucks on Monday night at Rogers Arena.

The Canucks chased Smith early in the second period and cruised to a 7-1 victory into the NHL's holiday break with a modest two-game winning streak. Their schedule picks back up on Sunday, when they head down to Anaheim to play the Pacific Division-leading Ducks.

Smith, who was named to Canada's men's Olympic hockey team for the 2014 competition, has gotten off to a dreadful start this season. He entered Monday's game with a record of 5-14-2, a goals-against average of 3.35 and a save percentage of .889.

Apparently, for the offensively struggling Canucks, a visit from the Coyotes was apparently the cure.

The Canucks beat Smith with four goals on 11 shots before he was yanked less than two minutes into the second period. A pretty wrist shot top corner from Brad Richardson, speeding down the right wing on the rush, was the final straw.

Of the goals he allowed, it was the one with the least amount of blame to pin on Smith. The other three, well, that's a different story.

Alex Burrows, without a goal in his last nine games, opened the scoring.

Playing on the fourth line with Bo Horvat and Derek Dorsett, Burrows took the puck to the net and jammed it by Smith.

Burrows added his second of the evening to give Vancouver a five-goal lead in the second period.

Miller made 38 saves for his 18th win of the season.

## CFL. Lions sign defensive back Yell to extension

Ronnie Yell left quite an impression in his first full season with the B.C. Lions, and was rewarded with a contract extension.

The new deal, which keeps the 23-year-old defensive back in B.C. through the 2016 season, was announced Monday morning.

Born in Los Angeles and a product of San Jose State, Yell originally signed with the Lions and joined the practice roster in October of 2013. He appeared in 15 regular-season games in 2014, and was a member of the mostly vaunted B.C. defence, registering two interceptions, both of which he ran back for touchdowns. CAM TUCKER/METRO

NFL

## Bengals keep Manning in check

Dre Kirkpatrick returned a Peyton Manning interception for a touchdown on Monday night, completing a fourth-quarter rally that gave the Cincinnati Bengals a 37-28 victory over the Denver Broncos and a spot in the playoffs. Manning ended up with four interceptions. THE ASSOCIATED PRESS

## World juniors. Lazar named Canadian captain

Ottawa Senators rookie Curtis Lazar will be the captain of Canada's junior hockey team for the upcoming world championship in Toronto and Montreal.

Hockey Canada made the announcement Monday. Connor McDavid and Sam Reinhart will serve as alternate captains. THE CANADIAN PRESS

Curtis Lazar THE CANADIAN PRESS

4 SPORTS

# 5 Dark-horse players to watch at the WJC

You'll be inundated with coverage of the Connor McDavids, Jack Eichels and Curtis Lazars of the world juniors for the next couple weeks, but who should you watch for when the best of the best aren't on the ice? Here are a few up-and-comers to keep an eye on when the tournament starts Boxing Day.

CAM TUCKER
cam.tucker@metronews.ca

## 1

STEVE RUSSELL/TORSTAR NEWS SERVICE

### Max Domi, forward, Canada

Max Domi, like his father Tie, isn't the biggest guy on the ice. But he has possessed an ability to produce offensively throughout his entire junior hockey career with the London Knights. He's also formed instant chemistry playing on a line with Anthony Duclair, who has appeared in 18 games for the NHL's New York Rangers this season. Early in the pre-tournament games, those two players have arguably been Canada's best up front.

## 2

### Mirco Mueller, defenceman, Switzerland

The Swiss may not garner much attention in this tournament. But they do have a defenceman with NHL experience in Mirco Mueller, who has played in 24 games with the San Jose Sharks. Like his team, Mueller, taken 18th overall in 2013, might not be as well-known because of the country he plays for, and there's plenty more talent in this tournament. He's had international experience before, with three points in five games at a U-18 competition.

CHRISTIAN PETERSEN/GETTY IMAGES

## 3

NATHAN DENETTE/THE CANADIAN PRESS

### Ilya Sorokin, goalie, Russia

Not sure if he counts as an unknown figure in this tournament after the pre-tournament performance he had against Team Canada, but Russian goalie Ilya Sorokin joined the Russian camp from the KHL. Drafted in the third round by the New York Islanders, he was not among the goaltenders for Russia at last year's tournament. Though if he plays like he did in a 52-save effort against Canada last week, it will be difficult to beat the Russians.

## 4

### Thatcher Demko, goalie, United States

Thatcher Demko didn't get the chance to play in a game for the U.S. junior team in last year's competition, but he could certainly challenge for the starting role in 2015. Drafted in the second round by the Vancouver Canucks, he stopped all 14 shots faced in the opening half of the first pre-tournament game for the Americans. Many eyes will be on U.S. forward Jack Eichel, who could challenge Connor McDavid to go first overall next June. But strong goaltending could make the U.S. a golden contender.

BRUCE BENNETT/GETTY IMAGES

## 5

### Kasperi Kapanen, forward, Finland

Drafted 22nd overall by the Pittsburgh Penguins in June, Kasperi Kapanen, the son of former NHL forward Sami Kapanen, has represented Finland before on the international stage, but never in the world junior championship. He missed that opportunity in 2014 due to injury. The Finns are the defending gold-medal champs, but are expected to be led offensively by Kapanen, who is having a breakout year in SM liiga.

BRUCE BENNETT/GETTY IMAGES

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## AUGMENTED REALITY

**Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.**

→ See the full instructions on Metro's Voices page.

## Horoscopes by Sally Brompton

### ♈ Aries
**March 21 - April 20**
Saturn's influence over the next few days will encourage you to think before you act. If you are going to be ruthless, be ruthless with yourself.

### ♉ Taurus
**April 21 - May 21**
Try not to scatter your energy in too many directions because it's unlikely you will be able to maintain the pace. Focus on the one thing that matters most to you.

### ♊ Gemini
**May 22 - June 21**
The changes that take place over the next few days will work in your favour in the long term. If you take a risk it may well pay off but don't expect instant profit or pleasure.

### ♋ Cancer
**June 22 - July 23**
If someone tries to interfere in your personal affairs you must let them know you're not having it. Sometimes you have to act tough from the start and this is one of those times.

### ♌ Leo
**July 24 - Aug. 23**
A breakthrough is about to occur. Your rivals may say you have been lucky but you just worked harder than they did.

### ♍ Virgo
**Aug. 24 - Sept. 23**
There is so much you want to accomplish but if you are smart you will set realistic goals, both for this week and for the new year. Take each day as it comes.

### ♎ Libra
**Sept. 24 - Oct. 23**
Don't worry if others poke holes in your plans. You don't need anyone's permission to follow your dreams. Go it alone if you have to.

### ♏ Scorpio
**Oct. 24 - Nov. 22**
Travel and social activities will be fun over the holidays but the ride won't always be smooth. Plan ahead and give yourself plenty of time.

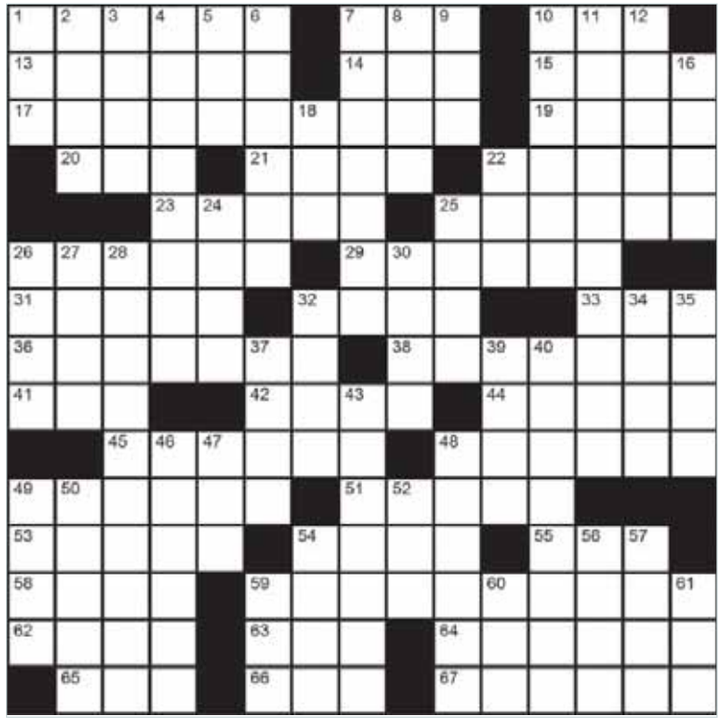
### ♐ Sagittarius
**Nov. 23 - Dec. 21**
Saturn's move into your sign marks the start of a two-year phase that will test you. The good news is you can handle whatever life throws at you.

### ♑ Capricorn
**Dec. 22 - Jan. 20**
The tougher the task the more you like it but with Saturn moving into the most sensitive area of your chart those tasks won't always be physical. Get your head together and everything else will fall into place.

### ♒ Aquarius
**Jan. 21 - Feb. 19**
Don't let others pressure you into accepting an offer you have no way of knowing is right for you. It could mean a lot more work for little return.

### ♓ Pisces
**Feb. 20 - March 20**
If you find it hard to discuss things in a civilized manner with certain people then the best thing to do is to stay out of their way.

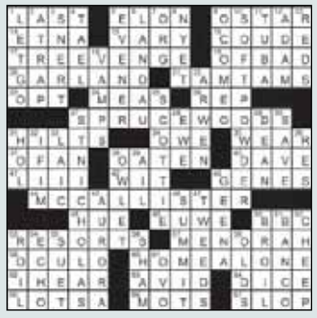
## Crossword: Canada Across and Down by Kelly Ann Buchanan



### Across
1. Canadian voicer of Rudolph in 1964 TV classic "Rudolph the Red-Nosed Reindeer", __ Mae Richards (b.1921 - d.2010)
7. Big name in trucks
10. AOL exchanges
13. "Christmas Is Coming" bit: "Please put a penny in __ __ man's hat."
14. Hawaii's Mauna __
15. Orchestra instrument
17. #1-Across... King Moonracer is a what?: 2 wds.
19. Norway's capital
20. Tic-__-Toe
21. Superlative suffix
22. More abundant
23. "__ we all?"
25. Cherry: French
26. Applied lightly
29. Shoelace-insertion spot
31. "Must Be Santa" part: "Who wears boots and _ __ of red..."
32. Singleton
33. Audi models
36. Far: 2 wds.
38. Crafty Christmas garland material
41. Ship's stern
42. Taken: French
44. Level
45. Resident of The Buckeye State
48. Christmas sleigh pullers
49. Actor Ed's
51. Mr. Desman, Canadian singer
53. Category
54. Adjective's friend
55. Bother
58. Speck
59. Festive season exchange: 2 wds.
62. Fragrant flower
63. Wood sorrel
64. Evangeline's home
65. Comedian Tina
66. Atop, in verse
67. Rents again

### Down
1. Texter's 'incidentally'
2. "_ __ the jackpot!!!"
3. Ms. Horne
4. Rustic place in the country: 2 wds.
5. 'Percent' suffix
6. Whirled in the water
7. Sparkle like tinsel
8. __ point
9. Tin
10. Ivory: French
11. Domain of #17-Across, Island of __ __
12. #1-Across... Toronto-born actor who is #46-Down's voice, Paul __
16. Legend
18. Mr. Dykstra
22. Faith [abbr.]
24. Network of nerves
25. Mackerel variety
26. Mr. Carvey
27. __ __ yet (So far)
28. Frosty the Snowman feature: 2 wds.
30. Slangy positives
32. Scot's 'odd'
34. Christmas __
35. Grads-to-be, briefly
37. Blood type, _ __.
39. Snow remover
40. Festival, as in Wintertime
43. To an extent: 3 wds.
46. As per #12-Down... Elf who wants to be a dentist
47. Pique
48. Airplane garage
49. Culture medium
50. __ __ Christmas plates
52. Beach structure
54. Naughty or __
56. Christmas carol: "Sleigh __"
57. Make a scarf
59. Gunk
60. Frozen pond surface
61. Tank filling

## Yesterday's Crossword



## Online

See today's answers at metronews.ca/answers

## Conceptis Sudoku by Dave Green

### How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | | 4 | 3 | 9 | | | |
| | | 3 | | 5 | | | | |
| | 8 | | 1 | | | 2 | | |
| 3 | | 4 | | | | | | 2 |
| 9 | 1 | | | 8 | | | 5 | 6 |
| 6 | | | | | | 4 | | 3 |
| | | 9 | | | 7 | | 1 | |
| | | | | 6 | | 8 | | |
| | | | 5 | 2 | 3 | | | |

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## Yesterday's Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | 7 | 4 | 3 | 5 | 2 | 1 | 9 | 8 |
| 8 | 2 | 3 | 7 | 1 | 9 | 5 | 6 | 4 |
| 9 | 1 | 5 | 6 | 8 | 4 | 7 | 2 | 3 |
| 2 | 4 | 8 | 5 | 9 | 1 | 6 | 3 | 7 |
| 7 | 3 | 9 | 2 | 4 | 6 | 8 | 1 | 5 |
| 5 | 6 | 1 | 8 | 3 | 7 | 9 | 4 | 2 |
| 3 | 8 | 2 | 1 | 6 | 5 | 4 | 7 | 9 |
| 4 | 5 | 6 | 9 | 7 | 3 | 2 | 8 | 1 |
| 1 | 9 | 7 | 4 | 2 | 8 | 3 | 5 | 6 |


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